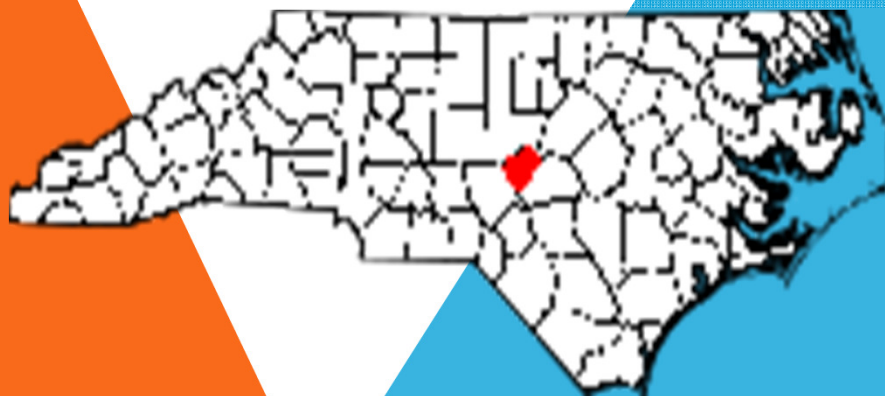


# LEE COUNTY'S 2011 STATE OF THE COUNTY HEALTH REPORT

WE SURVIVED THE STORM!



## Board of Health Members

Dr. David Fisher, DDS  
Chairperson

Tamara Brogan  
General Public

Charles Clifford  
Pharmacist

Dr. William E. Hall  
Medical Physician

Alice Hooker, Pastor  
General Public

Linda Kelly  
Registered Nurse

Dr. Diane Schaller, DVM  
Vice-Chairperson

Martha Underwood  
Engineer

Dr. Lauren Williams  
Optometrist

Dr. Kelly Faulk, DDS  
General Public

Larry C. "Doc" Oldham  
Commissioner Representative

## Board of County Commissioners

Linda A. Shook, Chair

Larry C. "Doc" Oldham, Vice Chair  
Robert T. Reives

Nathan E. Paschal  
Richard B. Hayes

Charlie Parks  
Jim Womack, Jr.

**A Message From the Health Director,**  
**A. Terrell Jones, III, MPH**

In today's ever changing world of activities, technology, and information, figuring out the best way to stay active and healthy can seem confusing and out of reach. Staying healthy is important because, besides feeling good about life, the less time and money you spend seeking health care corrections, the more time and money you have for yourself and those around you for other activities.

The Lee County Health Department and Lee Community Action Network (LEECAN) are striving to identify barriers to healthy living and striving to point out the best ways to stay healthy. First and foremost we want to promote preventative measures and thus avoid medical issues in the first place. If issues are unavoidable we want to provide as many resources as we can to help our residents get back to the healthiest lifestyle possible.

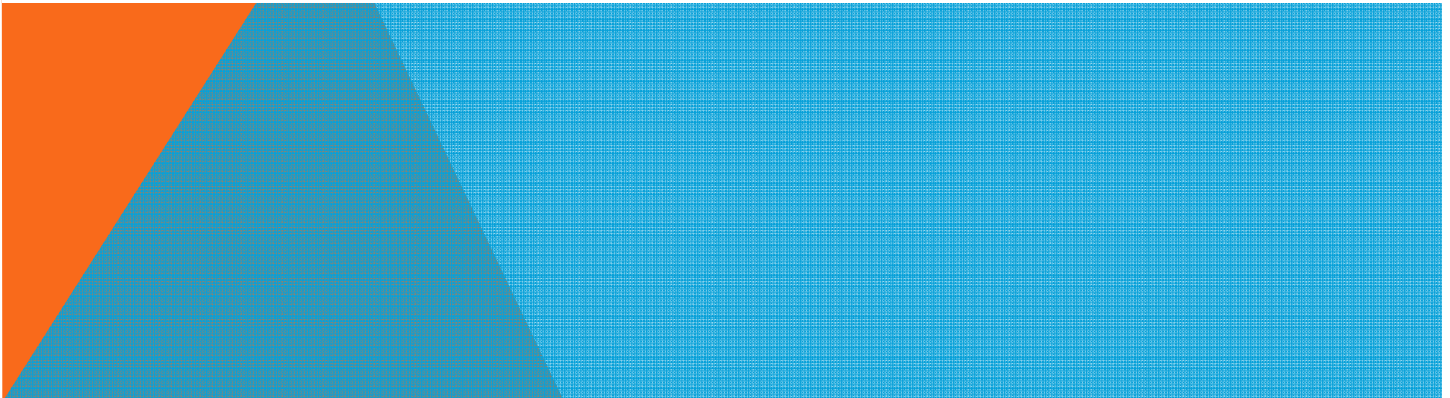
The Lee County's *State of the County Report for 2011* is a tool we use to update the community on the progress of community health issues identified in the 2010 Lee County Community Health Assessment. That assessment used input from Lee County residents and groups to identify the most pressing barriers to good health in our county such as obesity, teen pregnancy, sexually transmitted diseases and lack of access to mental health resources, to name a few. The State of the County report is also about the taskforce groups and services the county has established to help residents learn about the identified barriers to good health, thus reducing the confusion of health care issues and improving the chances of maintaining healthy lifestyles.

I encourage you to read the report and contact us at the health department using the address in the back of this report if you have any ideas or suggestions that might help us improve health outcomes in the community. Any other comments or questions about the report are also welcome.

Sincerely,

A handwritten signature in black ink that reads "A. Terrell Jones III". The signature is written in a cursive, flowing style with a stylized "A" and "J".

A. Terrell Jones, III  
Health Director



## HEALTH PRIORITIES

### Purpose:

The 2011 State of the County Health Report for Lee County is used to update the community healthcare stakeholders on the progress of the health priorities from the 2010 Community Health Assessment (CHA). This report will also explain the 2011-2015 Action Plans for the health priorities identified in the 2010 CHA which was completed in December 2010.

### Health Priorities:

Health priorities help in guiding the plans for public health programs and initiatives in Lee County. During the 2010 CHA the following health priorities were identified by the citizens as the top five health concerns of the community: Obesity, Dental Healthcare, Teen Pregnancy, Sexually Transmitted Infections, and Access to Mental Healthcare. Obesity, Teen Pregnancy, and Access to Mental Healthcare were also identified in Lee County's 2006 CHA. This document will discuss each listed health priority and the actions being taken or planned to address each priority.

### Public Health-The Big Picture:

North Carolina is ranked 35th among the 50 U.S. states. In terms of our overall health, NC is below the health standards. The newly created Healthy North Carolina 2020 Health Objectives aim to move us to "A Better State of Health." Many people often ask, "What is health?" According to the World Health Organization (WHO), health is defined as a "state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." The Healthy North Carolina 2020 Health Objectives address all aspects of health with the aim of improving the health status of every North Carolinian.

The collaborative work of the Lee County Public Health Department and the Lee Community Action Network (LeeCAN) "*A Healthy Carolinians Partnership*" will correspond to the Healthy North Carolina 2020 Health Objectives to help NC agencies reach health outcome goals. "Our goal is to be one of the healthiest states in the nation" (Governor Beverly Perdue, 2010). This will require a collective effort in Lee County by health professionals, local government, business and community leaders, advocacy organizations, the faith community, and Lee County residents.

Everything we do influences our lives and the world in which we live. One example is our health. Every day we should make healthier choices with the support of family, friends, community, workplace, environment, policies, or public health. Establishing community gardens is one example of how the environment can influence choices for health and healthy lifestyles. To the right is the Socio-Ecological Model which addresses multiple levels of behavior influence, leading to a more comprehensive approach to Health Promotion and Environment Policy Change as well as achieving the health priorities in Lee County.



## **WORKING ON HEALTH PRIORITIES:**

Lee County's 2010 Community Health Assessment (CHA) was completed in December 2010. To assess the needs and concerns of the citizens, Opinion Surveys were distributed and Focus Groups were conducted in order to hear the voice of the people. The people did speak, and the Top Five Health Concerns were: Access to Mental Healthcare, Obesity Prevention, Dental Healthcare, Teen Pregnancy, and Sexually Transmitted Disease (STD) Prevention. Therefore, LeeCAN "*A Healthy Carolinians Partnership*" will continue the work of the Access to Mental Healthcare Taskforce, Obesity Prevention Taskforce, and Teen Pregnancy Prevention Taskforce. Dental Healthcare was added to Obesity Prevention, and STD Prevention and High School Dropout Prevention were added to the Teen Pregnancy Prevention Taskforce. Below is an overview of the activities and initiatives taking place in the named taskforces to work on the health priorities in Lee County.

### **ACCESS TO MENTAL HEALTHCARE TASKFORCE:**



#### **Description:**

According to the 2010 Community Health Assessment Survey, 28% of the individuals surveyed said they had "experienced sadness or worries that kept them from their normal business within the last 30 days." Of the individuals surveyed, 8.3% stated they did not know where to go or whom to call if "a friend or family member needed counseling for a mental health or drug/alcohol abuse problem." Since December 2010, the Access to Mental Healthcare Taskforce has identified and contacted local mental health providers who collaborated to develop a comprehensive listing of community agencies within Lee County. This information was distributed throughout the county and is currently distributed today.

The taskforce conducted community surveys in the spring to gain insight into local citizens' attitudes and opinions regarding stigmas associated with mental health, significance of good mental health, integrative healthcare, and screening for mental health disorders in primary care physician offices. Information from the community surveys and collaboration with the members of the mental health taskforce, other mental health providers, and law enforcement have resulted in a better understanding of how to serve mentally ill people. There have been three informational sessions of Crisis Intervention Teams training (CIT) held in the summer and fall. CIT training supports local law enforcement officers in mental health crisis situations. CIT is a useful tool to prevent unnecessary incarceration and get people the mental health treatment they need.

The Crisis Intervention Team model is designed to improve the outcomes of interactions between law enforcement officers and individuals living with mental illness. When individuals living with mental illness are experiencing a mental health crisis or are acting out as a result of a mental illness, CIT works by diverting them to appropriate mental health services and supports rather than the criminal justice system. Implementing CIT will provide an opportunity for all law enforcement officers, mental health providers, and local hospital and community stakeholders/leaders to work together. Future plans are implementing CIT for youth; a program to identify youth with mental health needs before they become entangled within the juvenile justice system.



## **DENTAL HEALTHCARE AND OBESITY PREVENTION TASKFORCE**



### **Dental Healthcare Description:**

Lee County has 21% untreated tooth decay in children entering kindergarten (NC Oral Health Section data 2008-2009). The five year objective is to have an overall decrease in tooth decay in kindergarten students of 5% by the year 2015. Since December 2010, Lee County's state public health dental hygienist has provided dental health education for teen parents in the maternal and child care class within Lee County Schools as well as the More at Four (now NC Pre-K) and Head Start Programs. The Dental Health Subcommittee will continue to participate in kindergarten pre-registration screening by providing dental assessments for all children pre-registering for kindergarten and to provide parent consultations in all Lee County elementary schools. A comprehensive dental resource list was developed by Lee County providers to improve information and access to care for the younger population. This dental health issue will continue to be tracked by the public health dental hygienist. The Dental Health Subcommittee is working to accomplish the goals and objectives for 2011-2015, to decrease the amount of dental disease in children entering kindergarten.



### **Obesity Prevention Description:**

Obesity is a major concern at the county, state, and national level. The Obesity Committee is focusing on two areas: (1) to increase the awareness of Lee County residents of the obesity problem and to suggest ways to change it; and (2) to assist in the development of programs aimed at educating and informing the community about healthy eating and moving lifestyles. The Obesity Prevention Committee has action plans based on the North Carolina Institute of Medicine's "*Prevention for the Health of NC*" *Prevention Action Plan*. One major objective is to assist the school district in gathering and analyzing data on Body Mass Index (BMI) of students and also the amount of actual physical fitness activities they are provided through classroom work and physical fitness teachers.

The Obesity Committee is working with the Eat Smart Move More Program which is a statewide project that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play, and pray. In addition, LeeCAN's Obesity Committee is working with Voices into Action: The Families, Food, and Health Project which is an initiative to improve access to healthy, affordable food and safe spaces for physical activity in Durham, Harnett, and Lee counties. The project will use research and local partnerships to empower communities in reducing barriers to accessing healthy foods and physical activity through sustainable, community-initiated programs. Voices into Action is funded by a five-year USDA Agriculture and Food Research Initiative grant awarded to the NC State University Department of Sociology and NC State Cooperative Extension.



## **POSITIVE BEHAVIOR TASKFORCE (PBT)**



### **Description:**

As a result of Lee County's 2006 Community Health Assessment, the Teen Pregnancy Prevention Taskforce was established. According to the North Carolina Center for Health Statistics, in 2008 Lee County was ranked the 8<sup>th</sup> highest county for pregnancy among ages 10 to 19 with an improvement in ranking to 20<sup>th</sup> highest in 2009. In mid December 2011, partial data for the 2010 teen pregnancy numbers were released. However, this data is currently incomplete but does show the Lee County's teen pregnancy ranking has risen. Upon the completion of Lee County's 2010 Community Health Assessment, the Teen Pregnancy Prevention Taskforce broadened their scope of work to include Sexually Transmitted Infection Prevention and High School Dropout Prevention. In February 2011, the taskforce changed their name to the Positive Behavior Taskforce. Teen pregnancy is a problem that cannot be solved by one agency alone. Therefore, the Positive Behavior Taskforce will be working on new collaborative initiatives as well as continuing existing initiatives.

Among the 2011-2015 continuing plans and initiatives of the Positive Behavior Taskforce are working with Frank Theatres on showing a brief Screen Vision commercial to promote the Family Planning Clinic at Lee County Public Health, secondly, continuing to work with The Coalition for Families in Lee County with such programs as their afterschool Teen Outreach Program (TOP), thirdly, continuing to work closely with Lee County Schools in the implementation of Making the Difference and Making Proud Choices curricula. Both of these programs are National and Evidence Based Programs which will assist Lee County to be in compliance with the Healthy Youth Act/House Bill 88 passed in June 2009 by the North Carolina General Assembly. Also, faith-based organizations will participate in a county wide training for the Making the Difference and or Making Proud Choices curricula, a new initiative which will occur in the spring of 2012. The Positive Behavior Taskforce is currently recruiting any Lee County faith-based organizations willing to work with the taskforce on combating the issues that are plaguing the youth. Lastly, this taskforce is also researching new ideas for implementing male involvement programs within Lee County. Anyone willing and ready to work for a worthy cause is invited to join the PBT.

## **EMERGING ISSUES IN LEE COUNTY**

### **Unemployment Rate:**

According to the latest Unemployment Rate and Statistics released on October 21, 2011 by the U.S. Bureau of Labor Statistics, North Carolina's unemployment rate was 10.5 for the month of September 2011.

Lee County's unemployment rate was 12.9 in August 2011 but dropped to 12.1 as of September 2011. According to the most recent Current Industry Structure Report of June 2011, Lee County has a total of 1,388 industries from manufacturers to public administration. Lee County also has an approximate population of 60,681 citizens, according to the NC State Demographer last update of April 2011. As of September 2011, there were a total of 437 unemployment claims filed, and a total of \$673,136 paid in unemployment benefits in Lee County.



"Although Lee County has had a stubbornly high unemployment rate for two years, hope is near for unemployed citizens looking for work," said Chamber of Commerce Director, Bob Joyce. "Companies are adding jobs gradually but steadily. Our community is awaiting significant hires by manufacturers like Caterpillar, Pentair, Coty, and Magneti Marelli. These major companies, as well as other small to medium size manufacturers, represent the bright spot in our economic recovery. Therefore, we are pleased to say that for workers with good skills and abilities, jobs are coming back."

## **EMERGING ISSUES IN LEE COUNTY (continued)**

### **Natural Disaster:**

On April 16, 2011, an EF3 Tornado (winds 145-165mph) struck Lee County. This was one of the largest single-system tornado outbreaks (at the time) in United States history and occurred from April 14<sup>th</sup> to April 16<sup>th</sup>, 2011, resulting in 178 confirmed tornadoes across 16 states and severe destruction on all three days of the outbreak. The results of the tornado in Lee County were two deaths, five serious injuries, 480 affected structures with 120 destroyed, 19 businesses destroyed, and a baseline figure of \$48,352,375 in structural damage alone. Disruption of electrical power, intermittent phone issues, and switching to diesel pumps for our water supply occurred. Lee County Emergency Services established an initial incident command post within 15 minutes of the storm's passing. The initial objectives were Life Safety of responders and the public, accountability of responding agencies, and establishing interoperable communications. "We had to address the immediate needs of displaced persons," stated Emergency Services Director, Shane Seagroves. Mutual aid was requested from surrounding jurisdictions to assist with response, incident stabilization, and recovery efforts. Lee County was unprepared for this tornado but did what had to be done to assist everyone. Although, Lee County's budget was tight, the county commissioners allowed \$1.9 million dollars to be utilized for rescue, recovery, and stabilization.



The Lee County Public Health Preparedness Team worked together in meeting the needs of a community in the middle of this devastating situation. This catastrophe taught everyone one thing: Be prepared for anything! Since the tornado, the Lee County Public Health Preparedness

Section has introduced and is implementing the Community Contacts Connection Registry (CCCR), and an electronic call-down system is being introduced and implemented to reach staff via email, cell phone and home phone calls, or text. The CCCR contains a list of all community partners, local businesses, faith-based groups, and community-based groups which are the local health department partners. In discussion with these groups, they have agreed to forward vital information to their staff and associates and spread the information to more Lee County residents. The CCCR will allow clear and concise information to filter out into the community quickly and efficiently.



### **Diabetes:**

Over the past year much attention has been focused on the chronic and life threatening illness, diabetes. Conversations with several primary health providers throughout the county revealed unified concern over the rising number of cases of Type II Diabetes in Lee County. There are reports of this diagnosis not just in our older citizens but also in individuals in the age group of 20s-30's. The health providers agree that there are several key factors affecting diabetic citizens: (1) the lack of understanding about the seriousness of this disease, (2) unhealthy eating habits, (3) the lack of physical fitness, (4) improper foot and eye care, and (5) the inability to afford the required medications. However, the medical community within Lee County is responding to the needs of the citizens, and medical care and treatment are available at an affordable or no cost. To find out more about the local resources, Lee County citizens are advised to call 211.

## **“WHAT’S KILLING US IN LEE COUNTY?”**

### **TOP 5 LEADING CAUSES OF DEATH**

*For detailed information of the leading causes of death in Lee County, please view the 2010 Community Health Assessment on the Lee County Government Website at [www.leecountync.gov](http://www.leecountync.gov)*

#### **Heart Disease:**

Heart disease is the leading cause of death for both men and women and is the number one leading cause of death in Lee County. According to the NC State Center for Health Statistics in 2009, Lee County had 112 deaths caused by heart disease with a total of 591 deaths from 2005-2009. Every year about 785,000 Americans have a first heart attack and another 470,000 who have already had one or more heart attacks have another attack. In 2010, heart disease cost the United States \$316.4 billion. This total includes the cost of health care services, medications, and lost productivity. Heart disease is the leading cause of death for people of most ethnicities in the United States, including African-Americans, American Indians or Alaska Natives, Hispanics, and Whites (Centers for Disease Control). Central Carolina Hospital continues to be a leader in the fight against heart disease in Lee County.

#### **Cancer:**

Cancer is the second leading cause of death in Lee County. In 2009, Lee County had 105 cancer related deaths with a total of 515 deaths between the years of 2005-2009 (NC State Center for Health Statistics). Cancers are caused by abnormalities in the genetic material of the transformed cells. Central Carolina Hospital offers a variety of diagnostics, surgical, and treatment services for the various cancers (breast, prostate, gynecological, colon as well as other cancers). The surgical staff (general surgeons, urologists, gynecologists, and gastroenterologists) works with oncologists/hematologists to provide an interdisciplinary approach. The hospital continues building relationships with tertiary care providers to extend services where needed

#### **Cerebrovascular Disease (Stroke):**

Cerebrovascular disease (stroke) is a group of brain dysfunctions related to disease of the blood vessels supplying the brain and is the third leading cause of death in Lee County. In 2009, Lee County had a total of 36 stroke caused deaths. Between, 2005-2009, 152 Lee County residents died due to a stroke (NC State Center for Health Statistics). Up to 80 percent of all strokes are preventable by making life style changes such as controlling your high blood pressure, losing weight or maintaining a healthy weight, and not smoking (National Stroke Association). By incorporating these changes into their lives, Lee County residents could prevent the likelihood of suffering from a stroke which could lead to an economically burdensome condition.

#### **Chronic Obstructive Lower Respiratory Disease (COPD):**

Chronic lower respiratory diseases refer to chronic (ongoing) diseases that affect the airway and lungs. COPD is the fourth leading cause of death in Lee County. In 2009, Lee County had 30 deaths attributed to COPD with 164 deaths during 2005-2009 (NC Center for Health Statistics). However, the good news is that COPD is often preventable and treatable. The resources offered in Lee County for COPD include Central Carolina Hospital offering a variety of respiratory diagnostic and treatment services.



## **“WHAT’S KILLING US IN LEE COUNTY?”**

### **TOP 5 LEADING CAUSES OF DEATH *continued***

*For detailed information of the leading causes of death in Lee County, please view the 2010 Community Health Assessment on the Lee County Government Website at [www.lee-county.org](http://www.lee-county.org).*

#### **Diabetes:**

Diabetes was initially mentioned in the Emerging Issues section. However, diabetes is the fifth leading cause of death in Lee County. In 2009, 21 deaths were due to diabetes with a total of 90 deaths during 2005-2009, according to the NC State Center for Health Statistics. Diabetes consists of two types, Type 1 and Type 2. Lee County’s diabetes related death rates are declining and can continue to decline with self-motivation and community support encouraging a positive lifestyle change. Locally the resources in the county include the Central Carolina Hospital which has over 30 primary care providers and one endocrinologist to treat diabetes. Also, there are a number of primary care physicians that specifically focus on diabetes care and management.

## **WHAT’S NEW IN LEE COUNTY?**

#### **211:**



211- Get Connected. Get Answers. [www.nc211.org](http://www.nc211.org); [www.lee-county.org](http://www.lee-county.org)  
Lee County offers the state 211 Get Connected. Get Answers assistance system. This is currently the most comprehensive listing of services available to county residents. If Lee County residents need services for food, housing, employment, health care, child care, volunteer opportunities, crisis intervention, and/or legal assistance, the main source for assistance is via a 211 call, the 211 website, or United Way of Lee County. All information is free, confidential, and available 24 hours a day. Lee County 211 is staffed with agents who speak several languages.



#### **COLTS “Dash” Program:**

The “Dash” Program which is sponsored by the County of Lee Transit System operates as a public route for all adults, particularly disabled and older adults. Passengers must be at least 16 years old or accompanied by an adult and must wear a seat belt at all times. Dash is available Monday through Friday from the hours of 7am to 5pm and can be accessed by contacting 919-776-7201, the transit office. The fare for Colts “Dash” is \$2.00 per passenger every time they board the transit. The route for “Dash” consists of eight different pick-up and drop-off locations: Wal-Mart, Sanford Estates, Makepeace Apartments, Kathryn’s Hallmark/Riverbirch, Central Carolina Hospital, Stewart Manor, The Enrichment Center, and The City Pawn/Kendale. In the future, there are plans to have additional pick-up and drop-off locations. Please note that reservations are not required; passengers just need to be at the designated locations at the designated times.

## WHAT'S NEW IN LEE COUNTY? (continued)

### Endor Walking Trail:

Long before work was started on the Parks and Open Space Initiative there were major efforts to secure and improve Lee County's most significant historical site, the Endor Iron Furnace. In 2002, a collaborative effort was started with the Sanford/Lee County Community Development Department and the Lee County Parks and Open Space Initiative. After many hours of planning, developing, and constructing, Phase I of the Endor Iron Furnace Greenway officially opened on April 30, 2011. This 1.5 miles of trail starts at the northern entrance of Kiwanis Family Park (connecting to an existing greenway within the confines of the park) and stretches to a trailhead behind the Pantry Headquarters off of HWY 421. The teamwork displayed among all agencies involved in the Endor Walking Trail is testimony that Lee County is moving toward a healthier community to live, work, and play.



### Social Media Network:

The world today presents more new and different challenges than ever before. Technology is becoming an integral aspect of our daily lives. We have internet access through our home television, i.e. Smart TV, and Smartphones are growing in popularity more rapidly than ever. In mid-2010 the Board of County Commissioners launched *Lee Linked* – a program designed to promote innovative and efficient dissemination of information to citizens. The initial phase of the program included the popular social networking sites of Facebook, Twitter, YouTube, and a blog. Phase II of the program was launched in late-2010 which included a live chat communication module and the general use of Quick Response (QR) Codes. According to the Director of the Social Media Committee, Dwane Brinson, Lee County Government was the first and is still the only local government in North Carolina to use live chat as a communication medium with citizens. Similarly, the county was among the first of local governments in the country to begin using QR Codes.



From July 2010 through September 2011, *LeeLinked* has generated the following statistics:

Facebook – [www.facebook.com/leecountync](http://www.facebook.com/leecountync)

715 fans

Blog – [www.leecountygovernment.blogspot.com](http://www.leecountygovernment.blogspot.com)

11,456 page visits

Twitter – [www.twitter.com/leecountync](http://www.twitter.com/leecountync)

38 followers

YouTube – [www.youtube.com/leelinked](http://www.youtube.com/leelinked)

896 channel views

Foursquare – [www.foursquare.com](http://www.foursquare.com)

73 venue check-ins





*“A Healthy Carolinians Partnership”*

Lee Community Action Network (LeeCAN) “A Healthy Carolinians Partnership” was honored by the Governor’s Task Force for Healthy Carolinians. Lee Community Action Network (LeeCAN) was awarded its Third Recertification as a Healthy Carolinians Partnership by the Governor’s Task Force for Healthy Carolinians during the 19<sup>th</sup> Annual Healthy Carolinians Conference held October 7, 2011, in Greensboro, North Carolina. LeeCAN was founded in 1997 by the Lee County Health Department and United Way of Lee County to join together to implement a Healthy Carolinians Coalition and establish a method of conducting a community health and human service needs assessment.

Healthy Carolinians is based on the concept that community members are the most qualified to effectively prioritize the health and safety problems in their community and to plan and execute creative solutions to these problems. Recertification for LeeCAN means that this local partnership continues to be a vital component of a network of 72 other certified partnerships across North Carolina whose mission is to improve the health of all North Carolinians. LeeCAN has identified focus areas, established objectives and targets, and developed action plans and interventions that will improve the health of residents in Lee County. In order for LeeCAN to receive recertification, the partnership must submit an extensive application to the Governor’s Task Force for Healthy Carolinians.

The Governor’s Task Force has developed a set of rigorous standards, based on community health improvement, which all partnerships must meet in order to be certified or recertified. The Partnership received its Recertification during the Awards Ceremony on October 7, 2011. Dr. Jeff Engel, the Chair of the Governor’s Task Force, recognized LeeCAN as an essential component to the improvement of overall health for the citizens of North Carolina.



## CONTACT US



Lee County Public Health  
106 Hillcrest St.  
Sanford, NC 27330  
919-718-4640  
ext. 5314 and 5359



*"A Healthy Carolinians Partnership"*  
106 Hillcrest St.  
Sanford, NC 27330  
919-718-4640  
ext. 5314 and 5359

## REPORT CREDIT

This report is a joint project of LCPH and LeeCAN.

We would also like to thank all the agencies in Lee County that contributed to this report!

